



## **How can you minimize the side effects of starting a low-carb or ketogenic diet?**

The side effects of switching to a low-carb or ketogenic diet are very similar to those experienced when people first start fasting, and just like fasting, the unwanted symptoms usually go away within one to two weeks. Now, here are my top three tips for minimizing the side effects of switching to a low-carb or ketogenic diet.

One, add a pinch of salt to your water and coffee throughout the day for the first two weeks you start to eat low-carb. Two, try eating three smaller meals rather than two large meals for the first two weeks in order to give your body a chance to adapt to eating more fattier foods and protein. This can help prevent against any unwanted gastrointestinal issues such as bloating or diarrhea. Three, supplement with magnesium glycinate or bisglycinate or take Epsom salt baths or foot soaks. This can help alleviate any leg cramps, headaches, and even help with digestive issues. Follow these tips, and your body should adapt in no time.